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GREATER ANN ARBOR
JULY 2025

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Website:

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- Naples/Fort Myers, FL
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The Medicine Just Outside Your Door

As summer unfolds, it quietly reminds us: Healing doesn't always come in bottles or appointments. Sometimes, it comes in birdsong, in dappled sunlight, in the stillness beneath a tree.

Nature has always been our oldest healer. Long before studies confirmed it, we knew it in our bones—how stepping outside could ease the weight of worry, how a walk among trees could slow the racing mind. Today, research affirms what intuition has long known: being in nature lowers stress, lifts mood, regulates blood pressure and restores clarity.

But nature's gift is more than physiological. It's philosophical. In a world that rushes, it asks us to pause. In a culture that demands constant doing, it offers permission simply to be. There is wisdom in the wind, in the arc of the seasons, in the resilience of roots.

You don't need a mountaintop or a plane ticket. Start with your front porch. A park bench. A moment beneath the open sky. Let the Earth remind you what balance feels like—not forced, not scheduled, but remembered.

For our family, nature is not just a sanctuary—it's a lifestyle. Nearly all our free time is spent outdoors, whether walking wooded trails, sharing stories around a crackling campfire, or boating across our quiet lake. These moments don't just refresh us—they root us. They remind us that life's deepest joys are often the simplest.

This summer, make time for the kind of connection that doesn't require a screen. Let the natural world recalibrate your senses and your spirit. Heal not by effort, but by surrender, by listening and by breathing.

Wherever you are, the wild waits with open arms. Healing may be closer than you imagined—quiet, grounded and just beyond your door.

With reverence for the healing that lives in the land,

Trina & John

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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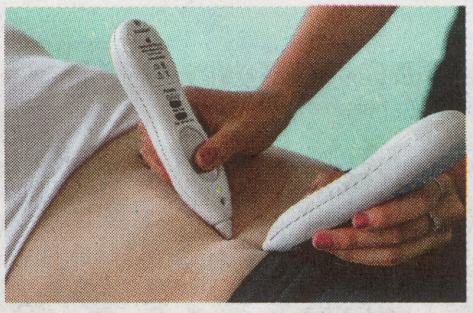
Advertising & Submissions

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.

Chelsea Holistic Collective Adds Scar Release Therapy to Services



ALCHEMY Holistic Collective now offers clinically tested and proven innovative Scar Release Therapy (SRT) in their Downtown Chelsea studio. Designed to combat the negative effects of common scars, SRT offers relief within just a few sessions. Any age of scars can be treated with SRT.

Scars are common for many and found with surgical scars, broken bones, sprained joints, torn muscles, replacement joints, C-Section delivery and even areas affected by trauma. Scars and associated adhesions can compress nerves, disrupt muscle function, alter energy flow and impede blood and lymph circulation in the affected areas. SRT is a simple, painless and affordable treatment therapy that provides many benefits, including accelerating the healing process of scars, reducing chronic pain in connective tissue and promoting relaxation while fading the appearance of scar tissue. Abdominal, head, knee and chest scars are the most urgent to address.

The SRT technique uses a low-level electrical impulse on both sides of a scar to relax and reduce scar tissue. This treatment promotes healing by relieving restrictions in connective tissue, allowing individuals to engage in activities such as lifting, walking, exercising and caring for infants with less pain.

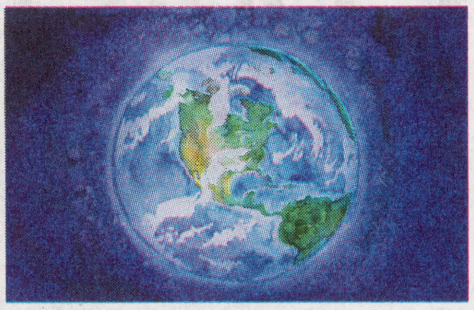
At ALCHEMY Holistic Collective, their comprehensive approach to well-being is offered through a unique blend of holistic practices. Their team of experienced practitioners specializes in various modalities, focused on revitalizing the nervous system. SRT is now the first line of defense for clients experiencing stress or burnout, mental health challenges such as depression and anxiety, pain and more. Companion services such as their core offering Micro Current Neurofeedback work hand-in-hand with SRT treatment.

Location: 105 E. Middle St., Chelsea. For more information or to make an appointment, email Connect@ALCHEMYHolisticCollective.com or visit ALCHEMYHolisticCollective.com. See ad page 11.

Experience the Vibration of Earth Through Quiet Connection

Mediumship with Angels, LLC, founded by angelic medium Dominique Lavoisier, shares a simple practice to help individuals feel more grounded and peaceful in everyday life. By sitting quietly and focusing on the concept of Earth's vibration, people can deepen their sense of inner calm and connection to the world around them.

The practice is accessible anywhere and at any time. Individuals are encouraged to imagine the sound of the vibration of Earth, and then ask to connect with it. Many describe the experience as bringing lightness, peace and a deep sense of alignment. This gentle tip offers a path to serenity and clarity through conscious awareness of Earth's nurturing presence.

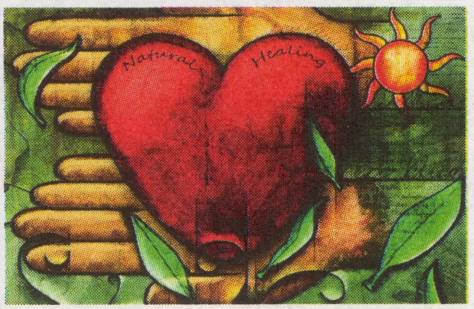


Lavoisier emphasizes empowerment as central to his work with clients. "Everyone has the ability to feel good about their life, attract success and experience peace in relationships," he says. Through intuitive support and spiritual insight, Lavoisier helps individuals reconnect with their purpose and potential.

Mediumship with Angels provides remote mediumship and oracle readings to support emotional well-being and personal transformation. The practice encourages people to trust their inner guidance and embrace a life of balance and fulfillment.

For more information or to book a session, visit MediumshipWithAngels.com. See ad back cover.

Art Festival in Dexter Unites Community Through Creativity



Angel Whispers Ministries will host the Whispers of Art Festival from noon to 4 p.m., July 19. This free outdoor event celebrates community connection through live music, visual art, dance, literature, healing practices and a silent auction.

The festival brings together local artists, musicians, authors and wellness practitioners in a vibrant expression of creativity and care. Guests are invited to explore diverse exhibits and performances, engage with authors during booksignings and experience healing modalities offered by the center. With a variety of interactive opportunities and sensory-rich activities, the event encourages discovery, reflection and joy for all ages.

As a fundraiser, the festival supports Angel Whispers Ministries, a nonprofit dedicated to holistic healing and self-love. Known for its inclusive programs addressing mental health, grief, chronic illness and personal growth, the organization integrates ancient wisdom and modern modalities to guide individuals toward peace and wholeness.

Location: 3045 Baker Rd., Dexter. For more information, call 734-355-2808 or visit AngelWhispers.org. See ad page 26.

Grass Lake Elder Documents Wild Plants in Handcrafted Book

Pamela Bollerud and Katie Buffo present *Weeds by the Wayside*, a handcrafted book that captures the dwindling art of folk plant knowledge, rooted in Michigan's meadows and forests. Created by Bollerud at 82 years old, the book features over 60 wild plants, each carefully pressed and dried, accompanied by handwritten notes detailing traditional uses, remedies and passed-down lore.

The project began as a deeply personal endeavor—one year spent walking the land, gathering plants and documenting stories and practices once shared by word of mouth. Buffo, her granddaughter, recognized the manuscript's significance and helped transform the original scrapbook into a published work, preserving a piece of cultural heritage that bridges generations.

Unlike typical field guides, *Weeds by the Wayside* is an intimate blend of botany, family history and womanly wisdom. It appeals to foragers, herbalists and anyone else drawn to the rhythms of the natural world. In an era where sustainable living and ancestral knowledge are regaining relevance, this book stands out as both a historical artifact and a modern resource.

Readers can find *Weeds by the Wayside* online and view a recent television interview with Bollerud on YouTube, sharing the story behind the book's creation and the plants it celebrates.

For more information, watch the interview on YouTube at Youtu.be/yzK26p_QwsU?si=Ec2R1MYaDwMNkpwf. To purchase book visit, Amazon.com/Weeds-Wayside-Pamela-Bollerud/dp/B0DSCN1C81.

Functional Medicine Provider Helps Patients Reclaim Health

Integrative Healthcare Providers in Ann Arbor delivers patient-centered care grounded in integrative and functional medicine principles. Their team, including board-certified providers, addresses the root causes of health concerns by combining evidence-based medical treatments with holistic practices. The center is known for crafting personalized care plans that promote optimal wellness across physical, mental and emotional domains.

Specializing in chronic disease prevention and management, Integrative Healthcare Providers offers services that span hormone balancing, nutritional guidance, detoxification support and more. Patients benefit from comprehensive evaluations that guide therapeutic choices beyond symptom suppression, helping them reclaim health through long-term strategies. The practice supports individuals navigating complex conditions such as autoimmune disorders, fatigue, digestive concerns and metabolic imbalances.

Appointments are tailored to each patient's unique medical history and wellness goals. The team emphasizes education and empowerment, ensuring patients become active participants in their healing process. Integrative Healthcare Providers welcomes those seeking alternatives to conventional approaches, providing a supportive environment that values whole-person healing.

Location: 2800 S. State St., Ste. 215, Ann Arbor. For more information or to make an appointment, call 734-547-3990 or visit ihcpaa.com.

Patient-Focused Integrative Primary Care in Ann Arbor

Dr. Kristina Bahrou

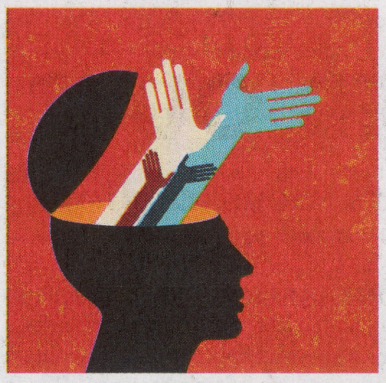
Tree of Life Wellness presents a patient-focused model of integrative primary care, led by Dr. Kristina Bahrou. Located in Ann Arbor, the practice merges conventional Western medicine with holistic and functional approaches, emphasizing whole-person wellness in a personalized, supportive environment.

Bahrou is a board-certified family medicine physician with advanced training in functional medicine. She provides a comprehensive range of services, including adult and pediatric care, women's health, gynecology, dermatologic procedures and aesthetic treatments. By integrating evidence-based medicine with a deeper understanding of root causes, the practice empowers patients to take charge of their health.

Visits are available in clinic or via telemedicine, tailored to fit individual needs. The practice operates under a Direct Primary Care model, allowing patients to choose monthly or annual payment plans. This structure strengthens the doctor-patient relationship by offering longer visits, greater accessibility and more personalized care—all provided by Bahrou as the sole clinician.

Tree of Life Wellness streamlines communication through secure messaging and telephone follow-ups, ensuring continuity of care for both acute issues and chronic conditions. Prescription refills and appointment scheduling are managed through a convenient online portal.

Location: 3830 Packard St., Ste. 230, Ann Arbor. For more information or to make an appointment, call 734 330 2110 or visit TreeOfLife WellnessMi.com.



Shingles Vaccine May Reduce Dementia Risk

A recent study published in the journal *Nature* suggests a potential link between the shingles vaccine and a reduced risk of developing dementia. To investigate this correlation, the researchers analyzed data from a population of Welsh individuals residing in the United Kingdom. Adults born after September 2, 1933, were eligible for a free vaccination, whereas those born before that date were not. Nearly half of the eligible individuals received the vaccine, compared to a negligible number that missed the cutoff date.

The researchers compared the dementia diagnosis rates of the two groups and found that the vaccinated subjects were 20 percent less likely to develop dementia in the subsequent seven years as compared to the unvaccinated group. Notably, the protective effect was more pronounced in women than in men. Hypothesizing why the shingles vaccine had this effect, the study's senior author, Dr. Pascal Geldsetzer, told *The New York Times*, "Inflammation is a bad thing for many chronic diseases, including dementia, [so] reducing these reactivations and the accompanying inflammation may have benefits for dementia."

The shingles virus, which is caused by the same virus responsible for chickenpox, can remain dormant in nerve cells for decades before reactivating in older adults as their immune systems weaken. Symptoms include burning and tingling sensations, painful blisters, numbness and chronic nerve pain. According to the U.S. Centers for Disease Control and Prevention, approximately one in three Americans will develop the condition in their lifetime, but only about one-third of adults over the age of 50 have been vaccinated.

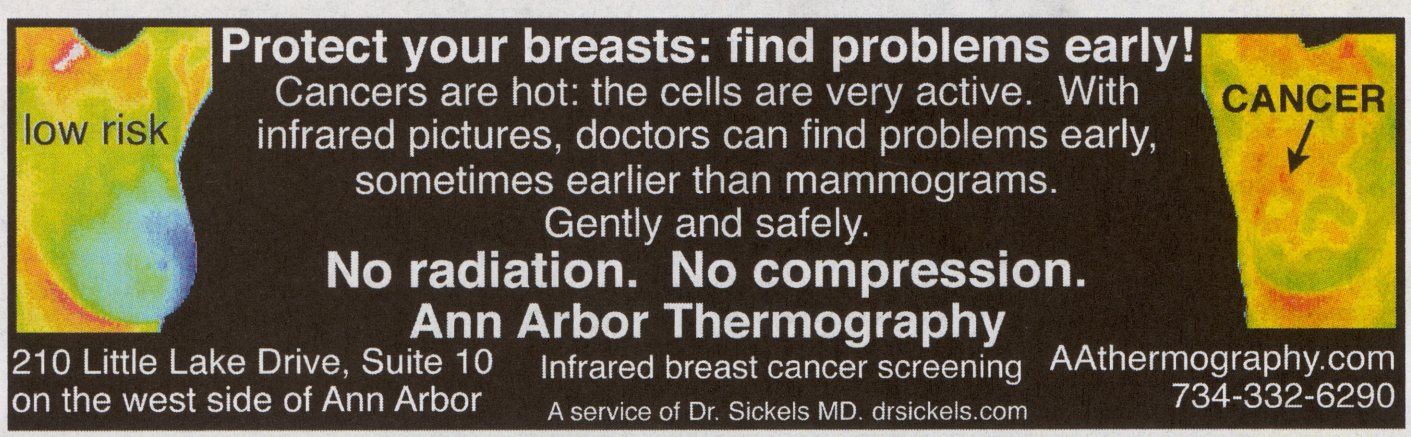
Novel Defense Against Infections

A study by Israeli researchers published in the journal *Nature* reported that cellular structures known as proteasomes not only facilitate the breakdown of damaged proteins, but also generate small protein fragments, collectively referred to as peptides, that attack bacterial infections. Using lab experiments and computer modeling, the scientists identified hundreds of thousands of potential antimicrobial peptides from normal proteasome activity.

The study demonstrated the enhanced ability of proteasomes to produce protective peptides when confronted with a bacterial infection. To test this, scientists inhibited proteasome production in one group of human cells and left another group unaltered. Both groups were then exposed to salmonella. The infection thrived within the cells lacking proteasomes but was eradicated in the control group. This discovery could lead to the development of improved antibiotics and other infection-fighting therapies.

At-Home Cervical Cancer Screening

While the Pap smear helps diagnose more than 13,000 cases of cervical cancer annually in the United States, nearly a quarter of American women are lagging behind in their screening regimen due to various factors, including discomfort, pain, invasiveness or even traumatic experiences associated with the procedure. Recently, Teal Health, Inc. received approval from the U.S. Food and Drug Administration for an alternative cervical cancer screening device that can be used at home.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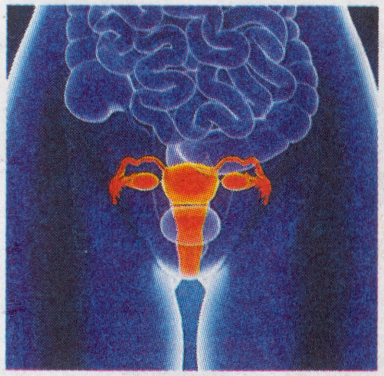

The Teal Wand enables individuals to self-collect vaginal samples using a swab, which is subsequently mailed to a laboratory for testing purposes, where it is analyzed to detect the human papillomavirus (HPV), the virus that causes nearly all cervical cancers. A clinical study demonstrated that the Teal Wand was as effective as a Pap smear in detecting early-stage cervical precancers. Among the study participants, 94 percent preferred the self-collection method over the Pap smear, and 86 percent expressed a willingness to maintain regular screening if provided with this alternative option.

Tick-Borne Disease Spreads to Mid-Atlantic States

According to a paper published in the *Journal of Medical Entomology*, scientists found ticks carrying babesiosis disease in several Mid-Atlantic states. The rare, parasitic infection lives in the blood of rodents such as shrews, chipmunks and mice, and can be contracted by humans through tick bites. According to the U.S. Centers for Disease Control and Prevention, babesiosis can attack red blood cells and cause flu-like symptoms, including fever, chills, body aches, nausea and fatigue.

Historically, the disease has been reported in the Upper Midwest and Northeast regions of the United States. In this study, researchers collected more than 1,300 black-legged ticks from Virginia, Maryland and Delaware and discovered that 2.7 percent of the ticks carried the babesiosis parasite. Although the incidence rate is relatively low, these findings underscore the importance of healthcare providers in these states to be vigilant for the disease and provide appropriate treatment to affected individuals.

Share *Your* Healthy Tip in Our Health Briefs Department. Text 734-757-7929.

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Rescuing Old Items for Garden Décor

Upcycling—the process of giving discarded or worn items new life—offers a sustainable alternative to wasteful consumption. By transforming ordinary objects into artistic creations, we can express our individuality and contribute to a more environmentally conscious society. The garden presents an ideal platform for upcycling because it allows us to repurpose obsolete items at low cost.

Whether we turn a rusty wheelbarrow into a flowerbed, salvage a thrift store teapot to use as a planter or rescue a well-worn table to become an outdoor potting station, our creativity can transform any outdoor space. Reviving haggard chairs and benches with vibrant colors or intricate designs elevates garden seating to new heights. Filling a retired bathtub or sink with plants, repurposing an unused clothing rack for hanging plants or turning a secondhand bookcase into a vertical garden are fun and surprising projects.

Repurposing Ideas

- For a touch of functional whimsy, fill chipped teacups with birdseed and hang them on tree branches.
- Paint and decorate discarded tires, then fill them with plants.
- Use shutters and doors as garden dividers.
- Lean an old wooden or metal ladder against a tree and place potted plants on the rungs, or use it as a trellis against a garden wall.
- Position an old bike to support climbing clematis, roses, ivy or morning glories.
- Use scraps of wood, bricks or pallets to create a rustic walkway.
- Turn metal or enamel colanders into hanging planters with built-in drainage.
- Use a weatherproofed baby carriage or doll stroller to showcase potted flowers on a porch, under a tree or at the edge of a garden.
- Turn old stainless-steel cutlery or wooden kitchen utensils into wind chimes or mobiles.
- Place tea lights in empty jam jars to light garden paths.
- Nestle a plant in a broken terracotta pot for a rustic, bohemian vibe.
- Use buckets as hanging planters for herbs, ferns or flowers.

Solomiia Kratsylo from Getty Images/CanvaPro

- Fill old rubber boots with soil to make quirky planters and place them around the mailbox or front door.

Cindy Russell from Getty Images/CanvaPro

Safety Tips

- Reinforce any loose parts to ensure that furniture, ladders and other objects can hold the weight of plants.
- Drill holes in items used as planters to provide proper drainage.
- Weatherproof wooden and wicker items with exterior latex paint, stain or sealants. Consider eco-friendly options such as versatile milk paint in earthy or vibrant hues. Remember to protect metal décor with an anti-rust coating or paint.

A Lifeline for Grieving Hearts

Humane Society Commemorates 15 Years of Pet Loss Support Group

This year marks the 15th anniversary of the Humane Society of Huron Valley's (HSHV) Pet Loss Support Group, a community-driven program that has helped hundreds of people navigate the profound and often misunderstood pain of losing a beloved animal companion.

"When the death of my cat Buddhe (pronounced "buddy") hit me harder than any pet loss before, I felt it might be helpful to attend a support group," says attendee Marty Davis-Merritts. "Experiencing commonality with others in their grief process and supporting each other has been a great help and I recommend the group often to others. I'm proud to be a part of this effort which was and is ahead of its time."

Launched in 2010, the Pet Loss Support Group was created in response to a growing need in the community. Cōlleen O'Brien, founder of Blue Dog Counseling, helped start the program at HSHV after seeing firsthand how people struggled in silence after losing a beloved pet.

"Pet loss can be devastating, but unlike the loss of a human loved one, it's not always acknowledged by society in the same way," says O'Brien. "People often say, 'It was just a dog' or 'You can get another cat.' We saw people suffering, unsure where to turn or whether their grief was valid. That's why we created this group—to offer a safe, nonjudgmental place for people grieving the loss of a pet to be understood."

The bond we share with our animals can be as deep and meaningful as our closest human connections. When that bond is broken by loss, the grief can be just as intense—sometimes leading to depression, anxiety and complicated grief if not acknowledged and supported.

"We know from research and from firsthand experience that human-animal bonds are powerful," says Karen Patterson, HSHV's Vice President of Volunteers and Humane Education. "This group provides a vital outlet for healing, offering a lifeline to those who may otherwise suffer in silence. It's one of the most powerful programs we offer."

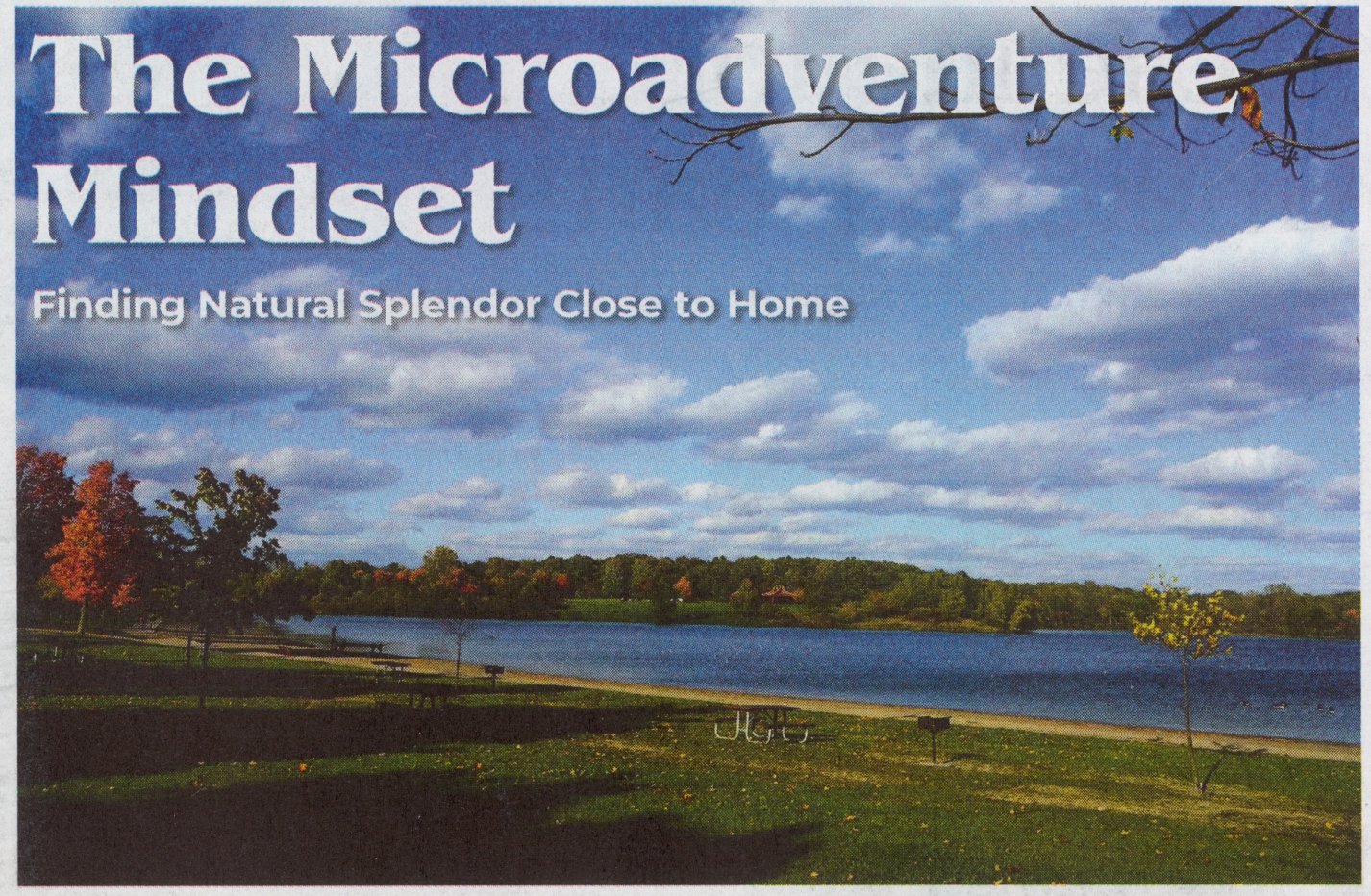
HSHV's Pet Loss Support Group meets monthly, is free of charge, and is open to anyone in the community in any stage of grief. For all 15 years, the group has been led by O'Brien, a licensed social worker whose personal commitment to animal welfare, experience as a devoted pet owner, and passion for supporting people led her to create Blue Dog Counseling. The group often features guided discussions, remembrance rituals and opportunities for reflection and connection.

"Fifteen years in, we continue to see just how deeply this group resonates," says O'Brien. "It's not just about coping with loss—it's about honoring the bond we share with our pets and knowing that grief is a reflection of love."

For more information on HSHV's Pet Loss Support Group including upcoming dates and other helpful resources for families, visit hshv.org/petloss. See HSHV's Tiny Lions ad page 25.

The Microadventure Mindset

Finding Natural Splendor Close to Home



Pinckney Recreation Area

by Carrie Jackson

While many of us dream of epic journeys to faraway places, humbler excursions can also provide unforgettable memories and experiences. British adventurer and bestselling author Alastair Humphreys coined the term "microadventure" to describe a brief and inexpensive outdoor jaunt close to home. From a weekend getaway on a nearby hiking trail to an afternoon visit at a local park, microadventures offer flexible scheduling, budget-friendly options, health benefits and a deeper connection to Mother Earth.

"I think that microadventures are popular right now because we are short on time, and money is tight for many people," says Humphreys, a *National Geographic* Adventurer of the Year. "We are ridiculously busy in our daily lives, but we are also craving the physical and mental respite of time in nature—fresh air, exercise and time away from our cursed phones. It's great to have the adventure of a lifetime, but until that lucky opportunity comes around, why not try to have a lifetime filled with tiny little experiences squeezed around the margins of busy daily life?"

Nearby Adventures

Humphreys has traveled the globe experiencing extraordinary adventures such as rowing across the Atlantic Ocean, walking the length of the holy Kaveri River in India and traversing Iceland by foot and packraft. More recently, he dedicated a year to enjoying adventures in his own neighborhood, as recounted in his book *Microadventures: Local Discoveries for Great Escapes.*

"I focused on the single, small local map centered around my home, covering about five miles in each direction from my front door," explains Humphreys. "At first, I worried that this would be too small, too boring or too claustrophobic. But I realized that once I slowed down, paid attention and had an adventurous mindset every day, I started to discover new places close to home I'd never seen before—new streets, new parks, new patches of woodland, new places to run. I found fragments of wild places where I could sit with a cup of coffee, all within sight of the skyscrapers of the biggest city in my country."

Humphreys encourages others to embark on a similar year of localized exploration, reminding them to establish realistic goals and remain open to novel experiences. He also suggests aligning activities with the seasons to harmoniously celebrate the natural order. Visit the same spot during each

equinox and solstice, for example, to appreciate the way the landscape changes over the course of a year. A mountain view or shoreline feels and looks different in spring, summer, autumn and winter.

"Declare your intention and outline your plans," Humphreys recommends. "Sleep outside one night. See a sunrise blaze across the sky for a romantic Valentine's Day. Celebrate blue moons and other celestial events." Natural splendor is all around us.

Awe and Resourcefulness

Kameron Stanton is the chief operating officer and event manager for Black People Outside, a Chicago-based organization founded during the pandemic to encourage people of color to get outside and explore. A weekend trip with his partner, Chevon Linear, to the Grand Teton National Park during lockdown was a memorable experience. "Seeing the stars so clearly at night unlocked something in us," Stanton recalls. "We regained a respect for Mother Nature and what the beauty of the outdoors could do for your psyche."

A microadventure in nature presents Stanton with unique survival challenges. "In the city, everything is zooming past you so quickly. When you are outside in the wilderness, you are often alone with your thoughts and have to fend for yourself in a different way," he explains. "If you don't build a fire, you're going to be cold. If you don't have the right equipment, you could get in trouble. There are little things the outdoors can teach you in a controlled manner. You learn lessons in planning and structuring your day, while still having fun and discovering new things about yourself and the world you're in."

Nature's Rewards

"Activities like hiking help build strength, endurance, respiratory health, weight loss and so many other physical elements," Stanton asserts. "Most people you meet who regularly spend time outdoors tend not to be angry and upset. They're looking at the brighter side of things because they are literally around brighter things. Nature feeds you and helps you feel grounded with your thoughts and feelings."

Microadventures can also be opportunities for social engagement. Stanton suggests joining a local club related to an interest such as fishing, running or birdwatching. "Once you start having microadventures, you'll connect with like-minded people, and you never know where that may lead you," he says.

There are myriad ways to enjoy a microadventure in almost any environment, including hiking, kayaking, biking, skiing, climbing, rollerblading and fishing. "Forest preserves and state and national parks offer incomparable views and trails year-round. They tend to have a low admission price, and most are accessible as long as you have a vehicle," says Stanton, noting that a lazy afternoon fishing or tubing down a river may be just a short drive away.

Planning for a Hiking Trip

Day hiking has become a popular pastime, in part because it combines many of the advantages of microadventures. "It offers a perfect opportunity to break away from the routine, explore nature and enjoy the mental and physical benefits of being outdoors," says Jacqueline Kehoe, a journalist and expert advisor for Recreational Equipment, Inc. (REI), which provides a wide range of equipment, apparel, workshops and other resources for adventure seekers. Similar gear retailers include Backcountry and Sierra Trading Post.

"Whether you're planning a short stroll through a local park or a longer trek up a nearby mountain, you always want to be prepared," Kehoe advises. "Packing the right gear will help you make the most of your time on the trail, whether you're a seasoned

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Waterloo Recreation Area

hiker or just starting out." For most microadventures, a small hiking pack should suffice for carrying the necessary gear.

What to bring depends on multiple factors, including trail conditions, weather, the hike's difficulty and the duration, which can range from a couple of hours to an entire day. Kehoe recommends bringing ample food and water to stay energized and hydrated, even on shorter hikes. A good starting point is one liter of water per person per hour, but this amount should be adjusted based on individual needs and the intensity of the hike. "Once your hike is longer than a few hours or goes into unfamiliar or backcountry terrain, the essential gear list grows," Kehoe counsels.

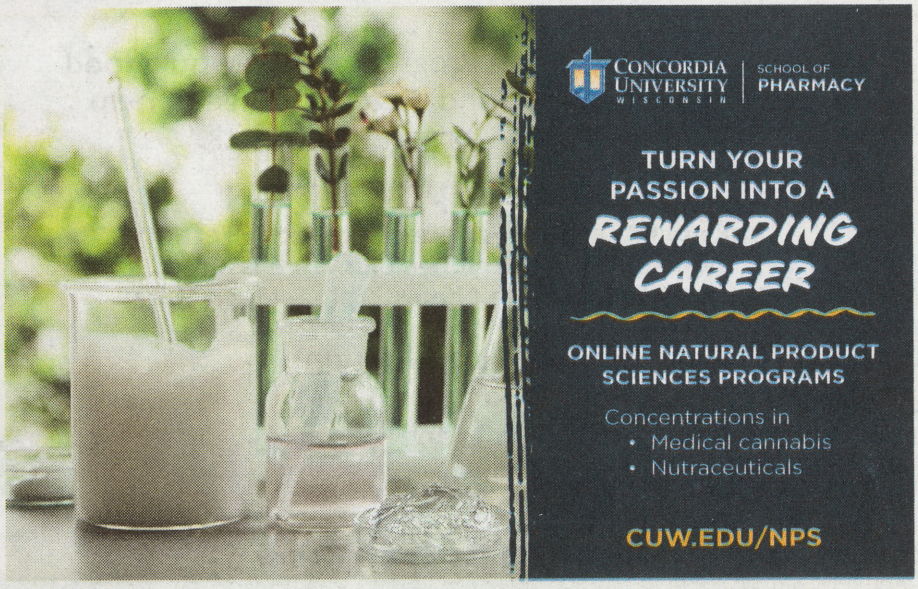
Weather-appropriate clothing can make or break an adventure. "Dressing in moisture-wicking layers can help you stay comfortable. The weather may change quickly, so it's important to be prepared for various conditions. Choose sturdy, comfortable shoes that provide good support and traction. Proper footwear can prevent injuries and make your hike more enjoyable," says Kehoe.

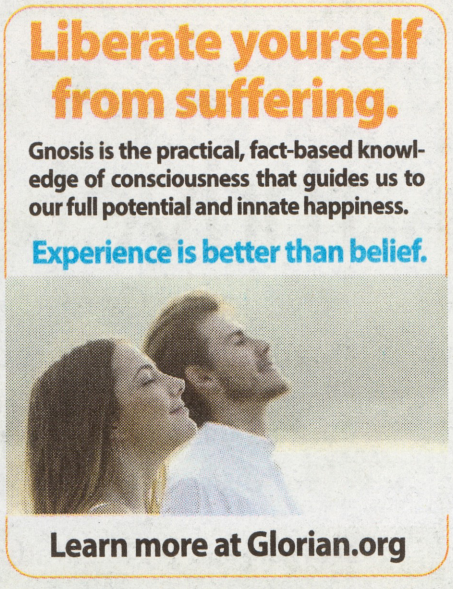
Safety should always be the top priority. "If you're going somewhere that is unfamiliar, having the right tools can help you stay on course and find your way back if you get lost. Whether it is a smartphone app or map and compass, orient yourself with your tools and your surroundings before heading off on the trail," Kehoe suggests. "A basic first-aid kit is useful for treating minor injuries. Include items like bandages, antiseptic wipes and any personal medications. A knife or multitool can be handy for various tasks, from cutting food to making repairs."

Creating Memories

With a little creativity and planning, microadventures can become a joyful addition to an active lifestyle. Humphreys encourages people to step outside, even for short periods of time, asking, "What can you do in the evenings to relax rather than watching Netflix? Can you find a little patch of nature or even a tree to sit beneath when you eat your lunch? Maybe your kids would like to eat breakfast in the park this weekend rather than in front of the TV. Learn to identify a new bird. Forage for your own food. Sleep under a full moon. Share a microadventure with a child to create lifelong memories."

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. *Connect at CarrieJacksonWrites.com.*

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Abandoning Routine and Courting Delight

by Marlaina Donato

Summer presents a timely invitation to sip from a full cup, set aside to-do lists and sink our toes into all that shimmers. Somewhere between keeping the kids entertained and weeding the flower beds is an opportunity to tend to our abandoned joys. It can be as simple as noticing the tinkling of ice cubes in a glass or planning an enchanted picnic at sunset with colorful cloths draped beneath a tree.

Summer comes but once a year, and as our backyard blooms in vibrant hues, so should we. Buying new, sultry spices for the cupboard, scenting the bed sheets with stress-reducing ylang ylang essential oil, placing fresh flowers into a tea pot instead of a traditional vase or walking barefoot after a storm tells the nervous system that there is more to life than the chores. Inspiration is an unpredictable muse; waiting for her to notice us in our busy lives is most often futile. Combating the monotony of routine in small, daily gestures is easy and lights up our senses.

Relinquishing the common tendency to feel self-conscious is key. "Be brave enough to live life creatively," says actor Alan Alda. Such courage may require that we break our own rules. If you usually prefer venturing out with company, make a point of going out solo for a backroad drive with no destination and a good playlist. If you haven't drawn since childhood, buy some colorful pens and doodle in a sketchbook. Host a fancy herbal tea party and invite a neighbor you've never spent time with.

Wear a breezy scarf and flowers in your hair, even if you're just running errands. Ask someone you've long admired to go out on a date and attend a local free concert under the stars. Everyone that is accustomed to seeing you living life a little more low-key will get over it. Having a wild love affair with summer is good for the soul and might even change your life.

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.

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Julian Hoffman

on Finding Our Place in an Interconnected World

by Sandra Yeyati

Julian Hoffman is an award-winning fiction and creative nonfiction writer who explores the connections between humans and the natural world, underscoring an inescapable need for conservation. He holds a bachelor's degree in English literature from Carleton University, in Ottawa, Canada. Hoffman's first book, *The Small Heart of Things*, won the 2012 Association of Writers & Writing Programs Award Series for Creative Nonfiction, as well as the 2014 National Outdoor Book Award for Natural History Literature.

In his book *Irreplaceable*, Hoffman celebrates the imperiled places that are increasingly vanishing from the world, including coral reefs, tallgrass prairies, ancient woodlands and meadows, along with the many species that live there such as nightingales, elephant seals, water voles, redwoods, hornbills and lynxes. It was the Highly Commended Finalist for the 2020 Wainwright Prize for Writing on Global Conservation. His latest book is *Lifelines: Searching for Home in the Mountains of Greece*.

What was the impetus for writing Lifelines?

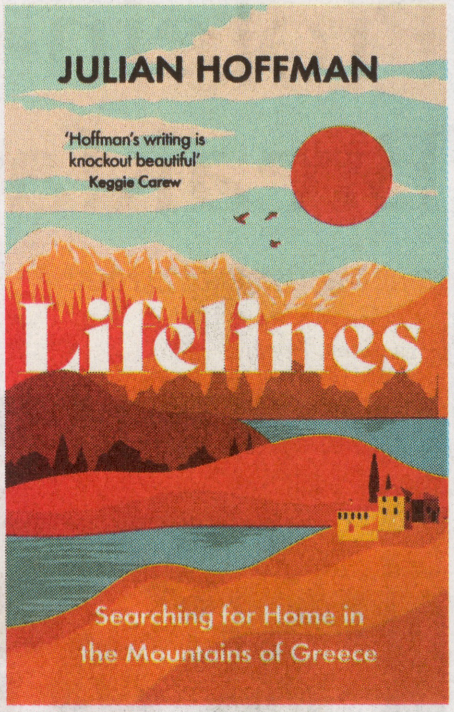
I wanted to tell the story of the remarkable Prespa basin, where my wife and I live in Greece. But I also wanted to tell a bigger story of the interconnectedness between humans and the natural world, to explore how our lifelines are entwined. I wanted to see what we get right and what we very often get wrong, and how we might go about healing some of those divisions and building stronger and more resilient bridges between the two, because our lives are dependent on the wild world that we nest inside.

What are the most salient characteristics of the Prespa basin?

Prespa is a unique crossroads place where three countries come together around two ancient lakes that hold colonies of Dalmatian and Great White pelicans. While my wife and I live in Greece, on the other side of the borders are Albania and North Macedonia. This is also where Mediterranean species meet their Balkan relatives in these colder mountains and where a geological line down the middle of the basin separates limestone on one side from granite on the other. This geological collision means that different flora and invertebrate communities can coexist in the same place.

Because of the complex demographic and political histories of the region, and the borders that divide this watershed, it's a place where conflict has often left terrible legacies that

"Borders are not only points of division, but also places of meeting and connection."



have been written into the landscape itself. But—and this is one of the key themes in the book—it's also a place where bridges are being slowly and gradually built. Just like those other crossroads of geology and different communities of wild species, I believe borders are not only points of division, but also places of meeting and connection, if we choose them to be. The Prespa transboundary region is showing us a way forward, slowly and not without problems, that the key to change is to recognize that we are connected beyond borders. Climate change, for example, doesn't recognize a line in the water but greatly affects us all.

You posit that humans need to reimagine their definition of home. Could you expand on that?

In *Lifelines*, I write of what happened to us when the chimney of our house caught fire here in Greece. I was frozen with fear and panic, not knowing what to do. There was smoke everywhere, making it hard to see, but through the smoke, suddenly people in our village came running to help extinguish the fire and save our home.

Not only were we deeply grateful, but that experience also got me thinking about how the world might look if we were able to extend our sense of home beyond the physical dwellings that we live in to the wider places around us. What if we formed bonds with a greater landscape that were just as fierce and carried the same sense of obligation to protect it that our fellow villagers showed that day when they came out to save a house?

Where do you find glimmers of hope?

When I was writing *Irreplaceable*, I met people who were working day after day to save some wild place or species from destruction. Sometimes, it was a place as small and seemingly unimportant as an urban park, but for those local people, that place meant the world to them, and what amazed and fascinated me was that every one of the people I spent time with were just ordinary folks.

We all have a capacity for the extraordinary, to help bring about change through small actions, but the key to that is to stand together with other people. Through community and coalition, we become a much stronger force, no matter how small we might think ourselves to be, and in that sense, those glimmers of hope are absolutely everywhere, either in action today or in the potential for action tomorrow.

Sandra Yeyati is the national editor of Natural Awakenings.

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Protein-Forward Breakfasts

Starting the Day Strong

by Marlaina Donato

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According to the U.S. Department of Agriculture, approximately 85 percent of Americans aged 20 and older consume breakfast daily, with eggs being a common component. Eating protein during the first meal of the day can help us feel full longer, balance blood sugar levels and potentially alleviate chronic anxiety. In addition to complex carbohydrates, fiber and heathy fats, the Mayo Clinic recommends that a nutritious breakfast always include lean protein.

"Protein is the master synthesizer, essential in its role in muscle building, immune function and energy balance," says Melissa Halas, a registered dietitian nutritionist and certified diabetes educator in California. "Including protein early in the day helps prevent the common energy dip mid-morning and keeps satiety levels high, supporting healthy metabolism and preventing overeating later." Protein requirements increase during periods of stress, recovery from injury or surgery, pregnancy or breastfeeding, and life stages such as childhood, adolescence and the golden years.

Thinking Outside the Cereal Box

Typical sweet cereals favored by kids often contain a high sugar content of 12 grams per cup, which is half of the daily recommended added sugar allowance for young children, as outlined by the American Academy of Pediatrics. Replacing low-nutrient, high-carbohydrate choices like white-flour pancakes and sugary cereal with delicious, plant-based scrambles, naturally sweet or savory breakfast bowls and delectable fruit parfaits can be both simple and satisfying.

Even if our breakfast choices are already healthier, a little extra fortification can do the body good. "Many common breakfasts like oatmeal and avocado toast don't have enough protein, so it's a good idea to be diligent about meeting your protein needs at breakfast. It'll set you up for better energy, focus and satisfaction throughout the morning, plus better metabolism. The key is combining protein with fiber and healthy fats to keep you full and fueled until lunchtime," says New York City-based Samantha Cassetty, a registered dietitian nutritionist, author of Sugar Shock and founder of Sam's Plate, an online nutrition and wellness source.

Whether we incorporate a tablespoon of unsweetened organic almond or peanut butter into oatmeal or layer smoked salmon and cream cheese on multigrain toast, an added source of protein can provide a boost of energy and vitality.

As a single mom, Cassetty understands the challenges of transitioning kids away from sugary foods and highly processed ingredients. She suggests making smart substitutions, such as serving whole-grain frozen waffles topped with berries and protein-rich Greek yogurt or breakfast nachos with whole-grain tortilla chips instead of breakfast tacos in highly processed taco shells. For a fun breakfast parfait, she heats frozen berries until they release their juices and then mixes the warmed fruit with plain Greek or plant-based yogurt. To enhance the texture and nutritional value, she adds a spoonful of chunky nut butter, a sprinkle of nutritious seeds or low-sugar granola.

Boosting the Protein Content

An extra-hearty breakfast can be as simple as adding a scoop of whey or plant-based protein powder into a whole-grain waffle mix or blending grass-fed gelatin powder into a smoothie. Protein-rich tofu, which is virtually tasteless when unseasoned, not only absorbs any flavors added to it, but also transforms into a luscious pudding when blended with a dash of plant-based milk, cinnamon and dates.

For Halas, tofu scrambled in a pan as an egg substitute and served on a whole-grain tortilla with turmeric and vegetables offers a well-balanced combination of protein and carbohydrates. She also recommends multipurpose cottage cheese, a favorite of generations past, for breakfast bowls mixed with berries, flaxseeds and walnuts, or spread onto toast with avocado. Full- or reduced-fat ricotta can provide a healthy alternative, as well.

Nutrient-dense pseudo-grains like quinoa and amaranth offer versatility. "Quinoa is traditionally eaten for breakfast in countries such as Peru as a warm porridge known as pesque," explains Halas. "You can cook quinoa or amaranth in cow or plant milk and top it with fruit, seeds and cinnamon for a warm cereal bowl particularly well-suited for vegetarian, gluten-free and anti-inflammatory diets, making it an excellent alternative to conventional grains at breakfast."

Cassetty offers a savory variation, saying, "You can use quinoa to make a breakfast grain bowl with sautéed spinach, eggs and a seasoning like pesto." She also encourages using dinner leftovers for morning nourishment.

Most of all, breakfast should feel doable. "I recommend making breakfast nourishing, satisfying and practical—something you can prep ahead of time or whip up fast," advises Halas.

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Marlaina Donato is an author and artist. Connect at WildflowersAndWoodSmoke.com.

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SOUTHWESTERN-STYLE TOFU BREAKFAST SCRAMBLE

YIELD: 2 SERVINGS

1 Tbsp olive oil
1 Tbsp ghee, butter or vegan butter, unsalted
1 block firm tofu
¼ tsp smoked paprika
1 dash turmeric powder
Smoked salt to taste
2 Tbsp fresh salsa
2 Tbsp fresh guacamole

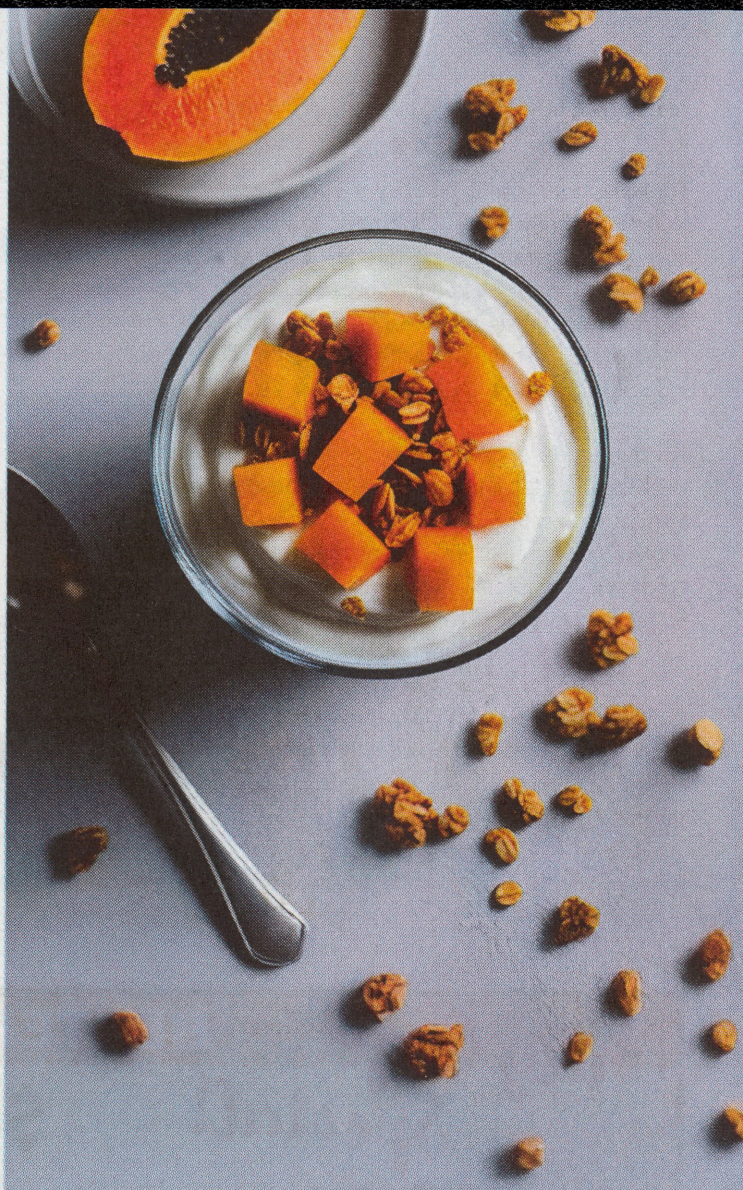
Drain water from tofu and pat dry, then crumble it by hand or smash it with a fork or potato masher.

Warm the olive oil and ghee or butter in a pan over high heat until melted. Add the crumbled tofu to the pan, moving it quickly from side to side with a spatula for about 2 minutes until it resembles the consistency of scrambled eggs.

Reduce the heat to medium and add smoked paprika and turmeric. Stir until spices are well distributed and the color is even throughout the scramble.

Serve immediately with a sprinkle of smoked salt. Add fresh salsa and guacamole, if desired, on the side or spooned over the scramble.

Recipe courtesy of Marlaina Donato.



HONEY PAPAYA YOGURT PARFAIT

YIELD: 1 SERVING

½ cup plain Greek yogurt (low-fat or fat-free)
½ cup papaya, diced
½ cup low-sugar granola
1 tsp honey

Add ¼ cup of yogurt to the bottom of a 12- or 16-ounce glass. Add most of the diced papaya and granola and a drizzle of honey to the glass. Layer on the remainder of the yogurt. Top with the remaining papaya, granola and honey.

Recipe courtesy of Melissa Halas, MA, RDN, CDE.

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Botanical Boost to Immune Health

Microgreen Teas Offer a Natural Reset for the Immune System

Microgreen teas are gaining attention for their unique ability to reset and strengthen the immune system through dense, plant-based nutrition.

Harvested just days after germination, microgreens are young vegetables and herbs that offer up to 40 times the nutrient concentration of their mature counterparts. Studies show they contain exceptionally high levels of vitamins C, E and K, as well as potent antioxidants and phytonutrients such as carotenoids and polyphenols. These compounds play critical roles in reducing inflammation, enhancing immune signaling and supporting cellular repair.

Cruciferous microgreens—especially broccoli—are particularly rich in sulforaphane, a compound associated with detoxification and immune system modulation. Sulforaphane activates the Nrf2 pathway—a built-in system in the body that turns on protective genes to help reduce inflammation, fight off toxins and keep cells functioning well. This cellular defense mechanism helps the body better manage oxidative stress, one of the key factors that can weaken the immune system.

When brewed as tea, microgreens deliver these nutrients in a warm, easily absorbed form that also supports hydration—a crucial yet often overlooked element of immune resilience. Unlike supplements or raw greens, microgreen teas offer a simple, comforting ritual that nourishes the body while engaging the senses.

Scientific literature also supports the use of tea-based compounds in immunity. Catechins found in green tea, particularly EGCG, have been linked to improved T-cell function and reduced viral load in clinical studies. Combining these compounds with dehydrated microgreens can offer synergistic effects: antioxidant activity, inflammation reduction and enhanced immune readiness.

For those seeking a convenient and science-backed way to integrate microgreens into their daily wellness practice, MicrogreensECT offers a thoughtfully curated line of microgreen teas. Their blends prioritize nutrient preservation through freeze-drying and are designed to provide targeted support without unnecessary additives or artificial flavors.

MicrogreensECT operates exclusively online, making their teas accessible to individuals looking to fortify their immune health through food-based strategies. With a growing interest in natural wellness, their offerings provide a bridge between modern nutritional science and timeless herbal traditions.

Location: Palm Coast, FL. For more information or to place an order, call 904-377-8669 or visit MicrogreensECT.com. *See ad page 11.*

Alleviating Arthritis in Dogs

Joint Health Begins in the Gut

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

Arthritis and joint pain cause even the most energetic dogs to slow down. While medications and physical therapy are common treatments, addressing the dog's digestive system may be the missing link to restoring mobility and comfort.

The Gut-Joint Connection

Inflammation in dogs is commonly associated with injuries or autoimmune diseases such as immune-mediated polyarthritis. However, chronic inflammation can also originate in the gut. The digestive tract hosts trillions of microorganisms that influence the immune response. When the gut lining is damaged or the microbiome is disrupted, substances may leak into the bloodstream, triggering systemic inflammation that can affect organs and joints.

"As a holistic pet health coach, I've seen time and again how joint pain and mobility issues improve when the gut is healed," says Melissa Knievel Natanson, a holistic pet health coach and canine nutritionist in Pismo Beach, California. "Chronic gut inflammation, dysbiosis or leaky gut can trigger systemic inflammation, which often presents as joint pain. Many dogs with arthritis also have a history of gastrointestinal issues like loose stools, skin flareups or food sensitivities. These could be important clues of a gut-joint connection."

A 2020 study published in *Veterinary Sciences* supports this link, revealing notable differences in the gut bacteria of arthritic and healthy dogs. Arthritic dogs had lower levels of microbial families that were more abundant in healthy dogs, including *Paraprevotellaceae*, *Porphyromonadaceae* and *Mogibacteriaceae*. These bacteria are often associated with a strong gut lining and balanced immune function. The arthritic dogs had higher levels of anti-inflammatory bacteria like *Megamonas*.

Natanson notes that the gut and joints are closely connected through the immune system, and shifts in the microbiome may influence how the dog's body manages inflammation and responds to joint stress.

Anti-Inflammatory Foods

Omega-3 fatty acids, which are rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), may help support joint health and mobility in dogs. A 2010 multi-center clinical study of 127 dogs with osteoarthritis published in the *Journal of the American Veterinary Medical Association* found that dogs that consumed higher levels of omega-3 fatty acids and lower levels of omega-6 fatty acids exhibited significantly elevated blood levels of EPA and DHA. They also demonstrated improvements in mobility compared to dogs receiving commercial food. Pet owners of the dogs on the test diet reported that their canine companions had an easier

time standing up, walking and playing within weeks of starting the dietary regimen.

Natanson recommends incorporating omega-3 fatty acids into a balanced and species-appropriate canine diet to mitigate inflammation. She emphasizes the consumption of fresh foods that are naturally anti-inflammatory such as fatty fish, bone broth, turmeric, fermented vegetables and antioxidant-rich fruits like blueberries. She also advises against the consumption of ultra-processed kibble, grains and synthetic additives.

Additionally, Natanson recommends manganese-rich foods to support the health of joints and connective tissues because it plays a key role in the formation of collagen, cartilage and joint fluid. Many older dogs are deficient—especially those fed processed diets. Whole-food sources such as green-lipped mussels, pumpkin seeds and blueberries can help replenish this important mineral.

Natanson highlights pumpkin as a gentle, gut-friendly food option. Not only does it provide prebiotic fiber to nourish healthy gut flora, but it also delivers a natural dose of manganese, making it a smart addition for dogs with digestive and joint concerns.

It is important to introduce these anti-inflammatory foods with caution, particularly for dogs with sensitive digestive systems. Natanson warns that while turmeric is a powerful anti-inflammatory, it can cause loose stools in dogs with a leaky gut or active gastrointestinal inflammation. Similarly, sweet potatoes, often seen as anti-inflammatory, may not be suitable for dogs with gut dysbiosis, yeast overgrowth or metabolic imbalances due to their high starch and sugar content. Natanson says the same can be said for high-fat fish oils that provide excellent joint support but may aggravate pancreatitis or bile-related issues when introduced too aggressively.

Because inflammation can originate in the gut, managing arthritis should involve a comprehensive approach that extends beyond joint-focused solutions. Avoiding processed foods, reducing synthetic additives and prioritizing nutrient-dense meals may help reduce overall inflammation and support long-term wellness.

For pet parents grappling with chronic health concerns like arthritis, Natanson encourages taking one step at a time, advising, "Start with gut health. You don't need 20 supplements—just focus on whole foods, trust the process and pay attention to your dog's cues. Simple, consistent changes can have profound results." A holistic veterinarian or pet health coach can assist pet parents by customizing a diet plan based on their dog's individual condition and tolerance.

Learn more about Dr. Ruth Roberts' approach to holistic pet care and wellness at DrRuthRoberts.com.

TUESDAY, JULY 1

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. $3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

SUNDAY, JULY 6

Celebrate the Dalai Lama's 90th Birthday – 10am-2pm. Join any or all of the many ways we will celebrate His Holiness. Onsite will include a Tibetan Buddhist Smoke Puja, a talk by Demo Rinpoche on the Life of the Dalai Lama followed by a slide show, performances, a potluck brunch and fun activities. There's an online component if you are not free to attend in person. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

TUESDAY, JULY 8

Ann Arbor Backyard Beekeepers: Pollinator Gardens – 7-8:30pm. With MC Haering. Learn how to create a pollinator garden. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, JULY 9

2025 Summer Community Supported Agriculture – July 9-Sept 24. Offer full and half shares. Complete an online form to receive an agreement and total pricing details. Enrollment is open until shares are filled. Jacob's Fresh Farm, 475 N Fletcher Rd, Dexter. 517-250-1222. JacobsFreshFarm.com.

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. $3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, JULY 10

Wild Summer Bees – 1-3pm. Learn about the beauty and importance of wild pollinators as we explore the prairie from the bees'-eye view. We will document the bees we find to help inventory and monitor bee diversity in Michigan. Independence Lake County Park, 3200 Jennings Rd, Whitmore Lake. Registration required: Washtenaw.org.

FRIDAY, JULY 11

Insect Exploration – 5-7pm. With Natural Areas Tech, Nik Holly. Program will take place completely outdoors. Bathrooms will be unavailable. Appropriate for all ages. Free. Sloan Preserve, Baker Rd, Dexter. Pre-register: ScioTownship.org.

TUESDAY, JULY 15

Sunrise Nature Hike – 8:30-10am. Join naturalist Elle Bogle for a morning exploration of the woods, grasslands, ponds, and the banks of the River Raisin of Sharon Mills. Sharon Mills County Park, 5701 Sharon Hollow Rd, Manchester. Registration required: Washtenaw.org.

THURSDAY, JULY 17

Summer Sounds at the Ann Arbor Summer Art Fair – July 17-19. Free live music each evening of the art fairs to the Stage on Main at the corner of Main and William in the Palio lot. TheArk.org.

MARK YOUR CALENDAR

SATURDAY, JULY 19

Whispers of Art & Music Festival Fundraiser – 12-4pm. Celebrate community and creativity while enjoying live music, art exhibits, dance, book signings, a silent auction, and healing experiences—all in one vibrant, outdoor gathering. Free. Angel Whispers Healing Center, 3045 Baker Rd, Dexter. 734-355-2808. AngelWhispers.org.

FRIDAY, JULY 18

Nocturnal Hike – 9-10:30pm. With Natural Areas Tech, Noah Huber. Likely to encounter a variety of nocturnal wildlife, such as possums, owls and flying squirrels. Head lamps and flashlights recommended. For ages 13 and up. Free. West Scio Preserve, 317 Dino Dr, Ann Arbor. Pre-register: ScioTownship.org.

SATURDAY, JULY 19

Healing Diets, Superfoods – 9:30am-4:30pm. Nutritional content, ease of preparation, demonstrations and samples. $150 or, if a prospective student in general, to stop by at 930 (free, for 30mins). Mary Light Natural Medicine, W Liberty Rd, Ann Arbor. 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Whispers of Art Festival – 12-4pm. Enjoy live music, art exhibits, dance, book signings, a silent auction and healing experiences. Free. Angel Whispers Healing Center, 3045 Baker Rd, Dexter. 734-355-2808. AngelWhispers.org.

SUNDAY, JULY 20

Pet Loss Support Group – 1-2:30pm. With Cōlleen O'Brien. Features guided discussions, remembrance rituals and opportunities for reflection and connection. In-person or Zoom. Free; donations appreciated. HSHV's Conference Room, 3100 Cherry Hill Rd, Ann Arbor. 734-661-3575. hshv.org/petloss.

WEDNESDAY, JULY 23

VegMichigan at Ann Arbor Farmers Market – 7am-3pm. VegMichigan will be sharing information about food choices and climate and handing out delicious plant-based food samples. 315 Detroit St, Ann Arbor. VegMichigan.org.

Plant ID in the Field: The Indy and Woodcock Prairies – 6:30-8pm. Guides: Ron Gamble and Faye Stoner. Free. Independence Lake Park, 3200 Jennings Rd, Whitmore Lake. AnnArbor.WildOnes.org.

SATURDAY, JULY 26

Beyond The Self: Breath, Vocal and Energy Connection – 1-4pm. Learn how to use breathwork and toning to release unwanted tension and energy from your body. Create something new and share it. $35/advance, $40/at door. Orion Pottery Studio, 3191 W Clarkston Rd, Lake Orion. BeyondTheSelfWorks.wixsite.com/my-site-1.

SUNDAY, JULY 27

Things With Wings – 1-4pm. Dive into a day filled with adventure and discovery. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, JULY 30

Dragonflies – 10-11:30am. With naturalist Elle Bogle. Take a hike to look for adult dragonflies and get an up-close look at the Earth's oldest flying insect and nature's perfect predator. West Lake Preserve, 21598 Waterloo Rd, Chelsea. Registration required: Washtenaw.org.

Ongoing Events

DAILY

Ayurveda For Us – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: Calendly.com/d/4dc-gws-6fw/discovery-call. For more info & appt: AyurvedaFor.us.

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: Castle Remedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: Castle Remedies.podia.com.

Free Online Programs – Practical Buddhism, Healing and Compassion Meditation, Group Practice, White Tara Guided Healing Meditation, Sunday Talks. Jewel Heart Tibetan Buddhist Learning Center: 734-994-3387. JewelHeart.org.

Oracle Readings – With Dominique Lavoisier, owner of Mediumship with Angels LLC. Incorporates higher-dimensional energies to offer additional insights and support. Florida-based; all readings done remotely. For appt or more info: MediumshipWithAngels.com.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations take about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. $150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end-of-life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

WEEKLY

Jewel Heart Ann Arbor Programs – Includes courses, weekly meditation and social activities. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Jewel Heart Bloomfield Hills Programs – Includes courses, weekly meditation and social activities. Theosophical Society, 27745 Woodward Ave, Berkley. 734-239-5985. JewelHeart.org.

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

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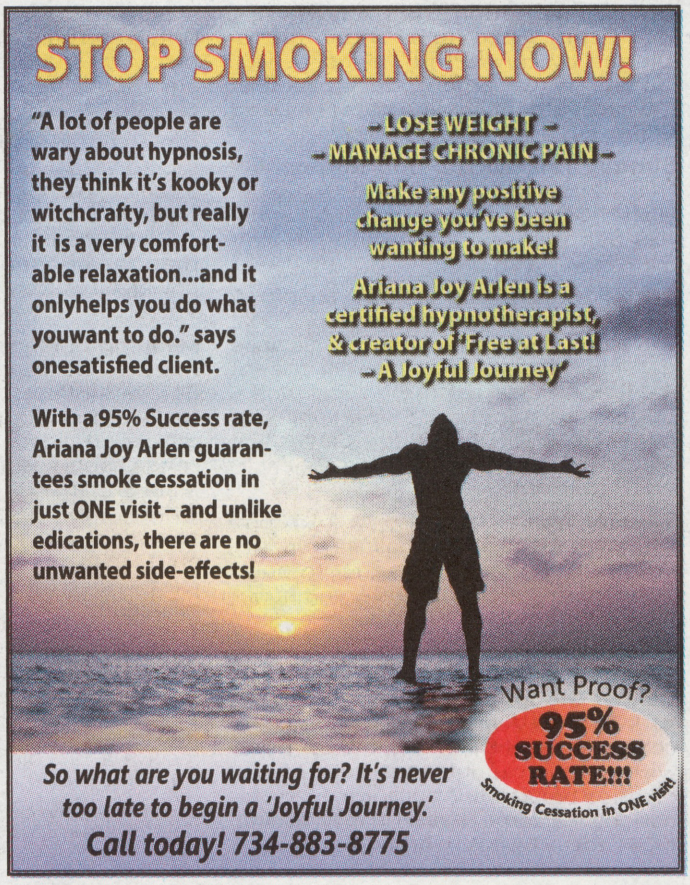
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classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

SUNDAYS

Bach Flower Remedies Level 1 Live Web – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlower School.com.

The Nature Pilgrimage with Rooted Goddesses – Thru Sept. 8:45am-4pm. 3rd Sun & Fri. The Nature Pilgrimage places you at a threshold of looking for a thread to begin moving towards what it is you truly care about. It begins by choosing 1 of the 7 contemplative sites you would like to visit. $150. Boyne City. MarySeger.net.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

White Tara Guided Healing Meditation – 10:30-11:30am. In-person & Zoom. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or Deep Spring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Critter House Open Hours – 12-3pm. A great way to get up close and personal with some fascinating animals, all while developing an appreciation for the incredible diversity of the natural world. Suggested donation: $5/person, $20/family. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

Wonder Walks – 1pm. Also Wed, 5:30pm. Designed for all ages to inspire curiosity and learning from each other through activities that model curiosity and honor nature. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Guided Group Breathwork – 6-7:30pm. 1st & 3rd Sun. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Free, donations welcome. Huron Valley Aikikai, 1904 Federal Blvd, Ann Arbor. Registration required: Thisbreath.com.

Guided Group Breathwork – 6-7:30pm. 4th Sun. See description above. Dzanc House, 402 S Huron St, Ypsilanti. Registration required: Thisbreath.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

MONDAYS

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Mindful Dexter – 12-12:30pm. Last Mon. A short 30-min guided meditation that is a simple and practical mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

Witch's Recovery Circle – 7-8pm. This is not your average recovery meeting. A sacred virtual space for anyone walking a healing path, whether you are in recovery from alcohol, drugs, food, sex, chaos, co-dependency, trauma, or anything else that has disconnected you from your power. All welcome. FREE. IlluminateUnschool.com/sober-witch-recovery-circle.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Tranquility Tuesday – 7-8pm. An immersive meditation experience designed to calm the mind, open the heart and restore energetic balance. $15. Universally Balanced, 19500 Middlebelt Rd, Ste 337 W, Livonia. 512-596-6712. DrKimberleyTaylor.com.

Neverending Lam of Liberation – 7-8:30pm. With Demo Rinpoche. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

WEDNESDAYS

CEW+Inspire Midweek Mindfulness Guided Sit – 12:15-12:45pm. This virtual community of practice is open to all, whether new to mindfulness or seeking to deepen an existing practice. Registration is simple; sign up once to receive ongoing access to weekly Zoom sessions. Cew.Umich.edu.

Wonder Walks – 5:30pm. See Sun listing. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

THURSDAYS

Class Observation – 11-11:30am. Also Fri. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Mindful Dexter – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

FRIDAYS

Witch's Recovery Circle – 11am-12pm. This is not your average recovery meeting. A sacred virtual space for anyone walking a healing path, whether you are in recovery from alcohol, drugs, food, sex, chaos, co-dependency, trauma, or anything else that has disconnected you from your power. All welcome. FREE. IlluminateUnschool.com/sober-witch-recovery-circle.

SATURDAYS

Volunteer Workday – Thru Nov. 8am-12pm. Scio Outside will host a volunteer workday at rotating preserves. Will focus on invasive species management, trail building or planting native species. Free. More info: ScioTownship.org/volunteering.

Mindful Dexter – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Childbirth-Classes.com.

Drum and Dance Jam – 7:30-9pm. 1st Sat (Apr-Aug). Bring a drum with you or use a drum that is provided. $5 donation requested at the door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. For more info: 734-327-0270, InterfaithSpirit.org or Facebook.com/glattercurtisav1972.

Classifieds

HELP WANTED

SEEKING TECH, INSTAGRAM, WEB HELP in barter/trade for my holistic services and classes. Mary Light. NaturopathicSchoolofAnnArbor.net. 734-769-7794.

OPPORTUNITY

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734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

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210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads pages 10 and 17.*

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Lomi Lomi Bodywork

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734-846-9949
Facebook.com/truetribeMICH/

Sacred Lomi Lomi sessions, an ancient Hawaiian tradition offered at Mantra Mamma Healing Arts, offer a profound mind-body-heart connection for those seeking emotional healing and restoration.

Mobile Holistic Veterinary Services

WHOLE LIFE VETERINARY SERVICES
WholeLifeVet@gmail.com
517-474-4050
WholeLifeVeterinary.com

Give your horse or pet the benefit of both worlds with a combination of Western medical knowledge and Traditional Chinese Veterinary Medicine and acupuncture in the comfort of your own home or barn. We are committed to providing you with the best holistic pet health. We provide holistic care, in-home euthanasia, and equine lameness care. *See ad page 25.*

Mold Testing & Remediation

MOLDPRO
John Du Bois, CMI, CMR, CCMI
247 W. Main Street, Milan
734-439-8800 · MoldProllc.com

MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

Natural First Aid

DOCTOR RADOW'S POVIDONE-IODINE OINTMENT
DoctorRadows@gmail.com
386-414-1809
DoctorRadows.com

This hospital-grade ointment provides fast, effective healing for cuts, scrapes and wounds—without antibiotics, sting or scarring. Used by medical professionals, it's now available for home use without a prescription to support clean, confident, everyday care. *See ad page 5.*

Nature-Oriented Meeting Space

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 17.*

Neurofeedback

ALCHEMY HOLISTIC COLLECTIVE
105 E. Middle Street, Chelsea
734-210-1922
AlchemyHolisticCollective.com

ALCHEMY Holistic Collective is the area's only IASIS Micro Current Neurofeedback provider. Find lasting support for anxiety, depression, ADHD, insomnia, OCD, addiction, TBI, migraines, pain issues and more - for the entire family! *Natural Awakenings* readers can receive $150 off the purchase of a Neurofeedback package. *See ad page 11.*

Reflexology & Reiki

CRYSTERRA WELLNESS
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com

Physical and emotional issues are addressed holistically via the body's natural healing response. Board Certified Clinical Reflexologist and Reiki Master.

Smoking Cessation

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 27.*

Weight Loss

FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY
734-883-8775

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 27.*

Wellness Center

THRIVE! WELLNESS CENTER
148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com

Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 15.*

Mediumship With
Angels
Receive messages from departed loved ones
This is in support of healing, love, forgiveness, comfort, and peace
Contact Dominique
mediumshipwithangels@yahoo.com
to book a session
404-217-9695
or visit
mediumshipwithangels.com